



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 35174, Buffalo, free range, top round steak, raw (Shoshone Bannock)

Report Date: May 31, 2017 02:37 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water ¹	g	75.96	1	--
Energy	kcal	97	--	--
Energy	kJ	408	--	--
Protein	g	21.44	1	--
Total lipid (fat) ¹	g	1.30	1	--
Ash ¹	g	0.94	1	--
Carbohydrate, by difference	g	0.00	--	--
Minerals				
Calcium, Ca ¹	mg	3	1	--
Iron, Fe ¹	mg	2.61	1	--
Magnesium, Mg ¹	mg	22	1	--
Phosphorus, P ¹	mg	200	1	--
Potassium, K ¹	mg	355	1	--
Sodium, Na ¹	mg	43	1	--
Zinc, Zn ¹	mg	3.00	1	--
Copper, Cu ¹	mg	0.117	1	--
Manganese, Mn ¹	mg	0.011	1	--
Selenium, Se ¹	µg	7.0	1	--
Vitamins				
Thiamin ¹	mg	0.153	1	--
Riboflavin ¹	mg	0.325	1	--
Niacin ¹	mg	6.920	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Pantothenic acid ¹	mg	0.760	1	--
Vitamin B-6 ¹	mg	0.780	1	--
Vitamin B-12 ¹	µg	1.15	1	--
Lipids				
Fatty acids, total saturated	g	0.418	--	--
8:0 ¹	g	0.000	1	--
10:0 ¹	g	0.000	1	--
12:0 ¹	g	0.001	1	--
14:0 ¹	g	0.013	1	--
15:0 ¹	g	0.006	1	--
16:0 ¹	g	0.187	1	--
17:0 ¹	g	0.016	1	--
18:0 ¹	g	0.192	1	--
20:0 ¹	g	0.003	1	--
22:0 ¹	g	0.000	1	--
Fatty acids, total monounsaturated	g	0.425	--	--
14:1 ¹	g	0.001	1	--
15:1 ¹	g	0.000	1	--
16:1 undifferentiated ¹	g	0.022	1	--
17:1 ¹	g	0.000	1	--
18:1 undifferentiated	g	0.400	--	--
18:1 c ¹	g	0.358	1	--
18:1 t ¹	g	0.042	1	--
20:1 ¹	g	0.002	1	--
Fatty acids, total polyunsaturated	g	0.098	--	--
18:2 undifferentiated	g	0.068	--	--
18:2 n-6 c,c ¹	g	0.045	1	--
18:2 t,t ¹	g	0.023	1	--
18:3 undifferentiated	g	0.016	--	--
18:3 n-3 c,c,c (ALA) ¹	g	0.016	1	--
18:3 n-6 c,c,c ¹	g	0.000	1	--
20:2 n-6 c,c ¹	g	0.000	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
20:3 undifferentiated ¹	g	0.004	1	--
20:4 undifferentiated ¹	g	0.010	1	--
Fatty acids, total trans	g	0.065	--	--
Fatty acids, total trans-monoenoic	g	0.042	--	--
Amino Acids				
Tryptophan ¹	g	0.225	--	--
Threonine ¹	g	0.849	--	--
Isoleucine ¹	g	0.928	--	--
Leucine ¹	g	1.710	--	--
Lysine ¹	g	1.494	--	--
Methionine ¹	g	0.597	--	--
Cystine ¹	g	0.229	--	--
Phenylalanine ¹	g	0.825	--	--
Tyrosine ¹	g	0.721	--	--
Valine ¹	g	0.959	--	--
Arginine ¹	g	1.272	--	--
Histidine ¹	g	0.704	--	--
Alanine ¹	g	1.207	--	--
Aspartic acid ¹	g	1.872	--	--
Glutamic acid ¹	g	3.063	--	--
Glycine ¹	g	0.904	--	--
Proline ¹	g	0.807	--	--
Serine ¹	g	0.878	--	--
Hydroxyproline ¹	g	0.065	1	--

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA AIAN NFNAP Shoshone-Bannock, Fort Hall, Idaho, 2003 Beltsville MD